

# How high. The issue with height

August 1, 2022 | 7 upvotes | by [gilamonster69](#)

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Is there a way for one to become taller or lessen your height decrease as you grow older? Thanks for indulging me.

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## Comments

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platinirisms • 7 points • 1 August, 2022 04:52 PM

3 or older? Eat your meat and veggies, avoid fast food.

11 or older? See if your doctor can prescribe you growth hormones during puberty.

20 or older? You're done growing. Only leg lengthening surgery will help you as a last resort.

50 or older? Keep eating healthy food and exercising to minimise how much you'll shrink.

catniagara • 2 points • 4 August, 2022 06:41 PM

My SO grew 3-4" between 20 and 25. Other things also got bigger. To be fair he was malnourished before.

[deleted] • 5 points • 2 August, 2022 12:50 AM

You can always stand on your money like Lil Uzi. Gotta make a lot of money though. I saw a study that claimed if you were 5'6" you need to make 200k a year to be treated the same way a 6'3" guy would who only made 30k a year.

It'd be healthier to learn how to be happy on your own and stop giving af about if a women is gonna love you anyway. Even if you get a girl, its just your turn. Free yourself and chase your goals.

catniagara • 1 point • 4 August, 2022 06:42 PM

What were the parameters of THAT study?

[deleted] • 1 point • 4 August, 2022 07:20 PM

Typically I only talk about studies I can link... but I saw it being talked about on TikTok some months ago and it stuck with me. No idea how Id get back to it at this point.

VasilyZaitzev • 3 points • 5 August, 2022 05:03 PM

If you are a short guy, you need to max the fuck out of everything else. Your game needs to be on point, your fashion needs to be on point, and your money needs to be on point. I mean that's true for all guys, the more you maximize everything the better shot you are going to have, but it is especially true for short guys.

catniagara • 3 points • 4 August, 2022 06:39 PM

Actually yes. Before you turn 25, eating healthy and exercising, and avoiding smoking can increase your height. Also living in a clean environment.

My SO was underweight when I met him at 20 and had stopped growing at 5'8", but after moving in with me he gained like 2" in height, filled out in weight and became healthier. He didn't have much food before and he lived with smokers. Seems like anything that reduces your lung capacity also reduces your height. It goes without saying that growing isn't high on your body's list of priorities if you can't sustain the height so nutritious food is also important.

A few studies suggest that babies who are held more and children who experience more love/touch grow taller, so get hugging your mom XD.

But even if you're completely done growing, I've been on dance teams for years where people of various heights have to appear the same height on stage. For example watching stray kids perform you would never know they range in height from Han who is 5.5", to Hyunjin who is 5'10".

Women see them as all the same.

I know someone will say “that’s not America!” but the Backstreet boys ranged in height from 5’7” to 6’1”, also. And most backup dancers are anywhere between 5’2” and 6’4” but they all have to look the same or the dance looks stupid so, how is it done?

Height increasing insoles give you a 2-3” lift in a regular shoe (and make your butt look good)

Chunky sneakers give another 1-2” but be warned! You have to wear them with baggy pants to avoid making your feet look huge on shorter legs, so the whole effect can look sloppy.

Slimming clothes Being slimmer can make you appear taller from far away, which actually increases peoples perception of height close up.

Stand on something. My one short friend who always had a girlfriend was also always climbing things (including me) (I’m still mad). In a more subtle way, you can stay at the top of an incline in the sidewalk or something like that. I used to date a much taller guy who would walk on the road with me on the sidewalk so I could look him in the eye. The opposite of that.

Find opportunities to be at the same level. Most people are the same height sitting down which gives you an advantage at concerts for example.

4” shoe soles. Say what you want, they’ve been getting short guys laid since Gene Simmons.

Edit: I stand corrected. He’s 6 feet. His son is just damn near 7 feet. I only thought he was short because his son is tall af.

Ahem...they’ve been getting short guys laid since Maynard James Keenan...is what I meant to say.

Siukslinis\_acc • 2 points • 5 August, 2022 09:32 PM

So as i understand, height increasing soles does the same thing as high heels do (making you be on your tip toes).

So basically those men are wearing high heels that look like normal shoes?

Glad-Discount-4761 • 1 point • 5 August, 2022 05:24 PM

A few studies suggest that babies who are held more and children who experience more love/touch grow taller, so get hugging your mom XD.

Wow didn't know that.

Thanks for sharing

Bandit174 • 2 points • 8 August, 2022 01:37 PM

Limb lengthening surgery is a thing. Im not sure how risky it is but probably more so than other cosmetic procedures. However it probably makes more of a difference too. Like you could alter your face and end up looking worse but when it comes to height the taller version of you is almost always going to be more desirable. So assuming you have no complications from the surgery its like a garanteed improvement to your desirability.